THE LIGHTER PLATE METHOD

# Cottage Cheese & Peach Breakfast Plate

Juicy peach against cool cottage cheese, finished with green pistachio crunch.



| PREP | COOK | TOTAL | SERVINGS | DIFFICULTY |
|---|---|---|---|---|
| **5 min** | **0 min** | **5 min** | **2** | **EASY** |

## Ingredients

- 300 g cottage cheese
- 2  ripe peaches (sliced)
- 30 g pistachios (roughly chopped)
- 2 tsp runny honey
- 1 small handful fresh mint
- 0.5  lemon zest

## Method

1. Spoon the cottage cheese onto two plates and spread it out with the back of the spoon.
2. Arrange the peach slices over the top.
3. Scatter with pistachios, torn mint and lemon zest.
4. Finish with a thread of honey and a small pinch of salt.

## Tips & swaps

- The pinch of salt is not a mistake; it makes both the peach and the cheese taste more of themselves. Out of season, use tinned peaches in juice, drained.

## Storage & reheating

Best assembled just before eating.

## Nutrition (per serving)

| KCAL | PROTEIN | CARBS | FAT | FIBRE |
|---|---|---|---|---|
| **230** | **20g** | **18g** | **9g** | **3g** |

*Estimated values, for guidance only. Contains: Milk, Tree nuts (pistachios).*